

Food fuels our mind, body, and spirit!

**Orange
Wzawa**

Keep our **eyes** strong

**Red
Mskwa**

Keep our **heart** strong

**Yellow
Wzawa**

Keep our **immune system**
strong

**Blue
Zhawskwa**

Keep our **brain** strong

**Green
Skebgya**

Keep our **bones** strong

Where do we get our food from?

